***Cappuccino Parfait***  
coffee cup  
70g Parfait  
5g Bailys whipped cream  
Coco powder

***Parfait***

3 whole eggs  
4 Egg yolk Beat this on Steam until firm, then beat it cold on Ice  
150g sugar

450g whipped cream fold the whipped cream in there slowly

Vanilla essence  
Kahlua add it slowly to the egg/cream mixture  
Coffee reduced